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Will Harry put a ring on it?

New uncle, soon to be a newlywed? Rumour has it royal wedding bells are set to ring again PAGE 9

Egypt setback

Two Canadians freed after seven weeks in a Cairo jail will be stuck in the country until the case is closed or they are charged PAGE 12

YOU'RE UP THEN YOU'RE DOWN ... NOW DO THAT FOR 3 SETS OF 10

KATY PERRY'S PERSONAL TRAINER, HARLEY PASTERNAK, TELLS METRO HOW THE 28-YEAR-OLD POP STAR STAYS IN SHAPE PAGE 20

Construction of buildings and infrastructure is seen Monday at the North Vancouver shipyard, where federal Public Works Minister Diane Finley announced Seaspan's new $3.3-billion contract. Finley said the shipbuilding industry is expected to generate more than 15,000 jobs over the next 30 years, including jobs in steel manufacturing, information technology and defence systems. JONATHAN HAYWARD/THE CANADIAN PRESS

Seaspan to build 10 more ships

Federal procurement project. Non-combat vessels for coast guard part of $3.3B contract

A North Vancouver company that won a federal shipbuilding contract two years ago is going to get even busier after being awarded a contract to build up to 10 more non-combat ships for the Canadian Coast Guard, the government announced Monday.

The $3.3-billion project is in addition to the seven non-combat vessels that Seaspan Shipyards is already slated to build after being awarded an $8-billion deal by the federal shipbuilding procurement project in October 2011.

Federal Public Works Minister Diane Finley, who made the announcement at the North Vancouver shipyard on Monday, called the now $38-billion procurement project an "unprecedented investment" by the government.

She said the project will see the shipping industry generate $2 billion a year in economic benefits for Canadians.

"By economic benefits, what I really mean is good, skilled jobs, and even better ... it is at last bringing some long-term stability to this industry," she told a crowd gathered at Seaspan's North Vancouver shipyard.

As part of the $3.3-billion project, Seaspan will construct up to five so-called medium-endurance vessels that are about 65 metres in length. They will be used for various coast guard programs, such as the deployment, recovery and maintenance of aids to navigation, Finley said.

Up to another five offshore patrol ships will also be built for fisheries protection, search and rescue, and environmental response. THE CANADIAN PRESS

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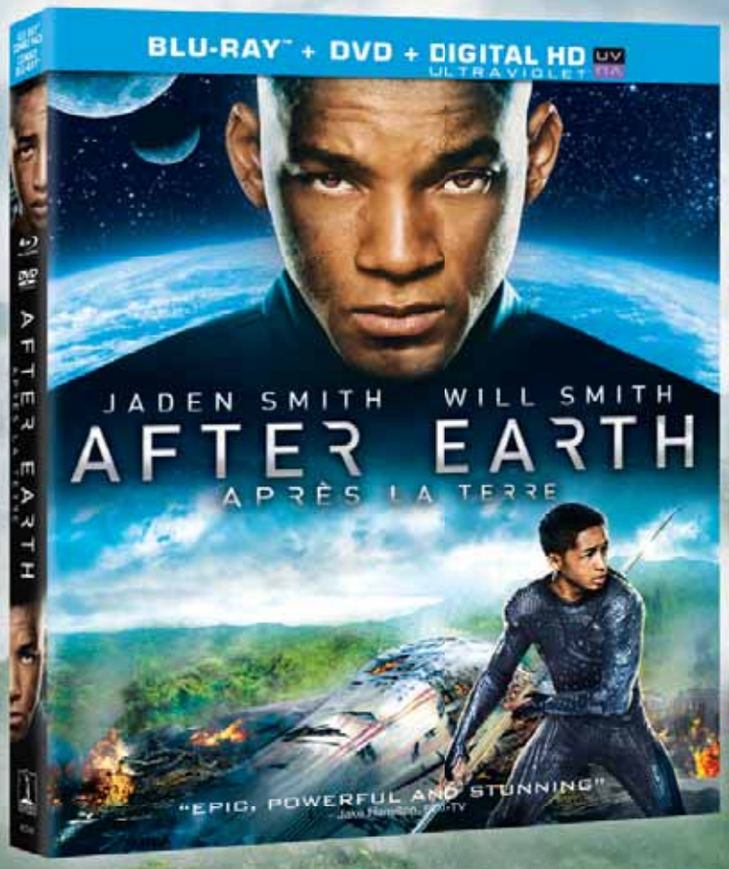

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Do Vancouverites really want more public consultation?

Yes and no. City hopes to walk line by offering better consultation for the same price tag

EMILY JACKSON
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There's been much ado about consultation this season, with some neighbourhoods screaming that the ruling municipal party Vision Vancouver just isn't listening.

In response, council pushed back the deadline last month for three neighbourhood plans to hold more public consultation. The price tag for this endeavour, which includes a "citizens' assembly," is $275,000.

But is more consultation really how most citizens want to spend their tax dollars?

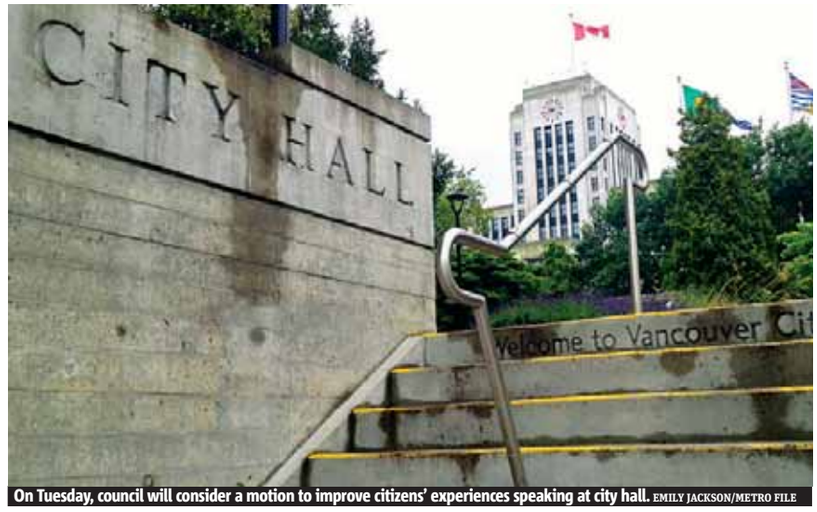
Cutting back on public consultations and hearings is one of the top-three most-supported cost-saving measures in the 2013 budget public-opinion survey.

"Every single year, it's one of the lowest priorities," Vision Coun. Andrea Reimer said Monday. "It is always startling to me, because we have some quite loud and totally valid voices calling for constant improvement on engagement."

The online survey of 754 individuals and 251 businesses (351 called 3-1-1 or used a kiosk) was not random, according to an email from city communications staff. The city recruited a cross section of participants in terms of age, geography and whether they rent or own.

To try to strike a balance between the groups, council is hoping to conduct better consultation with the same budget, Reimer said. Online surveys such as Talk Vancouver are cheaper and provide richer information than phone calls.

"Ultimately, we have to make sure people have a voice, even if it says, 'Stop giving me or stop giving my neighbours a voice,'" she said.



On Tuesday, council will consider a motion to improve citizens' experiences speaking at city hall. EMILY JACKSON/METRO FILE

But NPA Coun. George Affleck questioned whether online engagement reflects the opinions of people who would prefer to talk in an old-fashioned way.

As for the low priority that people place on consultation, Affleck said they might think there's no point to spending on consultation if they're not being listened to.

Council will consider a Green Party motion to improve citizens' experiences speaking at city hall on Tuesday.

Slain ex-soldier was bullied after injury, inquest hears

A former soldier who was fatally shot by RCMP had been bullied by his comrades in the Canadian military and then harassed by police, his sister told jurors Monday at the start of a coroner's inquest.

Greg Matters was shot twice in the back during a confrontation with an RCMP emergency-response team at his rural property near Prince George in September 2012.

His sister, Tracey Matters, described a shy man who joined the military to do good in the world and who ended up injured and ultimately discharged from the military.

"I understand there's a bit of a bullying culture in the military, and if you're unable to keep up your physical end of things, then you could actually start to become a target of bullying," she told the jury.

"I believe Greg was working though his pain, but it got to a point where he wasn't able to fulfill all of his duties as a soldier.... I believe there was bullying happening."

He was honourably discharged in 2009, after a 15-year military career.

Matters said she didn't recognize her brother when he came home. He was anxious, withdrawn, suffered nightmares and barely slept. Ultimately, she got in touch with a clinic that specialized in post-traumatic stress disorder.

"He was making tremendous progress," she testified.

But the lawyer for the Attorney General, Andrew Kemp, painted a very different picture.

An inquest into the death of Greg Matters began Monday in Prince George. THE CANADIAN PRESS

He asked the woman if she was aware of several previous incidents that brought Matters into contact with RCMP, including his arrest for assaulting his brother and another for uttering threats to kill the local Crown lawyer.

"I thought it was Greg's post-traumatic stress disorder, but he would often tell me about incessant police harassment," Matters replied. "He believed he was under surveillance."

Referring to the arrest for assaulting his brother, Matters alleged, "He had been picked up by police, and I would say beaten up.... He required cosmetic surgery." THE CANADIAN PRESS

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Coal-export project needs federal review: VTACC

Fraser Surrey Docks. Environmental group claims 'self-review' not enough to manage risks

EMILY JACKSON
emily.jackson@metronews.ca

Coal-export opponents want the feds to review a project they say hasn't been adequately vetted for health and environmental risks.

Advocacy group Voters Taking Action on Climate Change (VTACC) asked federal Minister of the Environment Leona Aglukkaq to designate an environmental assessment for the Fraser Surrey Docks project, according to a letter sent Monday.

The proposed transfer facility would handle four million metric tonnes of U.S. coal annually.

It has been under permit review for more than a year, with Port Metro Vancouver delaying its decision in September until Fraser Surrey Docks conducts an environmental-impact assessment in response to public concerns.

But the "potential for adverse environmental effects and the increasing public concern" warrant the feds to require a deeper environmental review under the 2012 Canadian Environmental Assessment Act, according to VTACC.

VTACC argues the federal government should get involved, since the project could affect the Fraser River Delta, an area internationally recognized for the significance of its wetlands, salmon and bird habitats.

The group's request comes after numerous B.C. doctors and professors asked Port Metro Vancouver to throw out Fraser Surrey Docks' self-review process and start over.

The port has not publicly responded to their letter, but has defended its "rigorous" review process throughout the debate about coal export expansion.

Port Metro Vancouver, seen here from downtown Vancouver, is facing scrutiny over a coal-export expansion proposal in Surrey. EMILY JACKSON/METRO FILE

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NDP. Dix blasts Clark for fall legislature closure

New Democrat Leader Adrian Dix says having politicians sit for only 36 days in British Columbia's legislature this year isn't good enough.

Dix stood outside the legislature chambers Monday, on what would have been the opening of a fall legislative session, to chastise Premier Christy Clark's government for taking the fall off while many residents are concerned about rising hydro rates and poor treatment of senior citizens.

The Opposition leader was flanked by five New Democrats to show he and his party are prepared to debate issues important to B.C. residents.

The Liberal government decided against a fall legislative session, saying it needed the months leading up to the introduction of February's budget to prepare legislation around the liquefied natural gas industry.

THE CANADIAN PRESS

Asian investors. B.C. LNG no pipe dream: Minister

British Columbia's minister of natural gas development says a commitment by a Malaysian national company to build a liquefied natural-gas plant in B.C. and investment by other countries suggests the province isn't chasing an LNG pipe dream.

Rich Coleman will leave Friday for Malaysia, South Korea and China to promote what he calls B.C.'s competitive advantage when it comes to the LNG industry.

Coleman says B.C.'s abundant natural-gas supply could provide Asia's needs for 84 years through several proposed plants in a province where the temperate climate means making LNG take less energy.

He says the province has signed agreements with many First Nations to create a stable environment for the industry, which Premier Clark has said will be the cleanest in the world. THE CANADIAN PRESS

Legal aid. Lawyers' bills being cleared: Province

Attorney General Suzanne Anton says an agreement with B.C.'s Legal Services Society averts concerns about adjourned child-protection cases and other court delays.

Anton says a one-time funding crunch associated primarily with legal bills for lawyers is being cleared and the government has confirmed all legal-aid accounts will be covered for the remainder of this fiscal year.

Some lawyers were planning to start applying today to adjourn cases.

In a written message to lawyers, the B.C. Legal Services Society said it was no longer recommending lawyers avoid booking hearing dates for legal-aid work from Feb. 17 through March 31, 2014.

But the society said it continues to face cost pressures in criminal cases.

THE CANADIAN PRESS

Bringing dignity to the Eastside

Eastside Stride. Walking tour designed to raise awareness of DTES community

NICK WELLS
vancouver@metronews.ca

Geof Milson says he made millions and lost millions in the oil industry in Alberta before a drug addiction sunk its claws into him.

With his business failing and his marriage collapsing, he turned to drugs and eventually found himself on the Downtown Eastside in 2008.

With his life back on track, and clean and sober for four years, Milson decided to give back and raise awareness about his community.

Milson is a tour guide for this year's Eastside Stride — a two-hour walking tour through the DTES showcasing local landmarks and sharing the history of the area.

"I want to show both sides of the story," said the 55-year-old. "I was homeless for five years and now I'm clean again and working myself back into society."

The tour, which started last year, was created by the Union Gospel Mission to recognize homelessness action week.

"We wanted to bring profile and dignity (to the area) and present it in a way people would understand," said Keela Keeping, a spokeswoman for UGM.

The route will take participants by landmarks including Oppenheimer Park, Blood Alley and the Living Room.

To help pay tour guides, the mission received a $2,000 grant from the city and accepts donations.

People interested in the tours can sign up at the Union Gospel Mission website.

Milson says he hopes people see that change can happen in the area.

"I'm happy, I'm doing good things for people, I'm alive. That's more gratifying than being rich," he said.

The tours runs on Oct. 12 and from Oct. 15-20.

Geof Milson is among the tour guides in this year's Eastside Stride. NICK WELLS/METRO

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Child abductor was a concern decades ago

Red flags. Crown presented psychiatric assessments from 30 years ago in bid to get Randall Hopley labelled dangerous offender

Even as a teenager, psychiatric assessments of child abductor Randall Hopley concluded he was likely to continue offending and had no empathy for his victims.

The assessments were done 30 years ago, when Hopley was 17 years old, after three children at his foster home were sexually assaulted.

On Monday, the assessments were presented in a Cranbrook court, where the Crown is asking that Hopley be labelled a dangerous offender for kidnapping three-year-old Kienan Hebert from his Sparwood home in September 2011.

Quoted

"He has continued offending and the court is at this point at a loss as to how to curtail the behaviour."

Dr. Roy O'Shaughnessy in a written assessment of Randall Hopley

The boy was returned — seemingly unharmed — a few days after he was abducted.

Crown lawyer Lynal Doerksen introduced the reports — the first of which was done in July 1982 by Dr. Roy O'Shaughnessy, the psychiatrist assigned to Hopley's case.

The assessment said Hopley initially molested the four-year-old daughter of his care worker in 1981, and a few months later molested a nine-year-old boy living in his foster home.

On another occasion, he molested a five-year-old boy whose parents visited the foster home.

THE CANADIAN PRESS

Randall Hopley in 2011

THE CANADIAN PRESS

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Mount Seymour. Unprepared hikers saved from 'heinous' conditions

When veteran backcountry experts describe conditions as "heinous," the average weekend hiker probably wants to stay well clear.

But two unprepared adventurers found themselves in the middle of just such conditions during what they thought was a pleasant day hike on Vancouver's North Shore.

The men, in their 20s, had set out for a day hike but realized they were lost and called for help on Sunday night, prompting a mission that North Shore Search and Rescue team leader Tim Jones says was exhausting for the men and their rescuers.

Crews set out at about 10 p.m. Sunday and Jones says the two were found just before 4 a.m. Monday in a rocky area on a remote section of Mount Seymour.

Jones described the area as "heinous," an alpine hiking area made even more treacherous by overnight rain.

Six-hour saga

6

Crews set out at about 10 p.m. Sunday and the two were found just before 4 a.m. Monday in a rocky area on a remote section of Mount Seymour, according to the North Shore Search and Rescue team leader Tim Jones.

To complicate things, both men were wearing runners, not the heavy hiking boots needed to clamber through the rocks and bush, so rescuers had to carry in the appropriate footwear for the pair, who were already cold and wet from the unexpected night out.

Crews were slowly walking the two men to safety as dawn broke on Monday and Jones said a helicopter was standing by in case anything went wrong.

THE CANADIAN PRESS

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Anti-Korean group told to pay for 'hate speech'

Japan. Court orders $120,000 in compensation paid to school after classes disturbed by rallies that frightened children

Anti-Korean rallies in Japan have escalated this year in cities with Korean communities. In Tokyo's Shin-Okubo district, dotted with Korean restaurants and shops popular among South Korean pop-culture fans, hundreds of Zaitokukai members and supporters have called Koreans "cockroaches," shouted, "kill Koreans" and threatened to "throw them into the sea." SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS FILE

A Japanese court on Monday ordered a group of anti-Korean activists to pay a Korean school in Kyoto 12 million yen ($120,000 US) in compensation for disturbing classes and scaring children by holding "hate speech" rallies outside the school.

The ruling acknowledged for the first time the explicit insults used in the rallies constituted racial discrimination, said human-rights experts, lawmakers and others calling for restrictions on hate speech. They said the ruling could prompt a move to exempt such speech from Japan's constitutional right to free speech.

Though attendance at such rallies has been limited to a few hundred people at most and they are far from becoming mainstream, similar demonstrations of nationalists targeting ethnic Koreans and other minorities have escalated since earlier this year, amid Japan's chilly diplomatic relations with its Asian neighbours.

The rallies highlight why Japan's conformist society has been criticized at home and abroad for being less accepting of racial and ethnic diversity. Discrimination against ethnic Koreans and Chinese dates from Japan's expansionist era in the first half of the 20th century and still runs deep.

"Japanese society has been too insensitive to racial discrimination," said Yoshifu Arita, an opposition lawmaker who is starting a parliamentary panel with a dozen colleagues to introduce hate speech legislation. "We must take steps to eradicate hate speech against Korean and Chinese people, and address broader discrimination problems."

In the Kyoto District Court ruling, Presiding Judge Hitoshi Hashizume said the language that members of the anti-Korea group Zaitokukai and their supporters shouted and printed on banners during rallies in 2009 and 2010 was illegal, and had disturbed classes and scared the students. The judge said posting video footage of the rallies on the Web was illegal.

He said the rallies "constitute racial discrimination" defined under the United Nations' convention on the elimination of racial discrimination, which Japan has ratified.

THE ASSOCIATED PRESS

Royal wedding watch

Prince Harry set to marry?

Is the last unattached royal Brit about to go off the market? Prince Harry, William's younger brother and fourth in line for the British throne, is said to be close to proposing to his girlfriend, Cressida Bonas. "Harry never stops talking about marriage and children, and she has now got used to the idea," a friend of Bonas's tells the Telegraph newspaper. "The wedding is likely to take place next year." MELINDA TAUB/MWN

Fox News

Anchor apologizes for saying Obama funded Muslim museum

Fox News anchor Anna Kooiman has apologized for falsely saying that U.S. President Barack Obama had offered to pay for the operation of a museum of Muslim culture "out of his own pocket" during the government shutdown.

THE ASSOCIATED PRESS

France

Sarkozy cleared in donations case

Former French President Nicolas Sarkozy was cleared Monday of allegations that he illegally took donations from France's richest woman on the way to his 2007 election victory, his lawyer and an official said.

THE ASSOCIATED PRESS

Argentina. President to undergo brain surgery

Argentina's president will undergo surgery Tuesday to remove blood between her brain and skull that has been causing new and worrying symptoms, physicians said.

The president's doctors said they had ordered President Cristina Fernandez on Saturday to rest for a month after discovering the subdural hematoma — a clot inside her skull pressuring her brain and causing headaches.

But the situation became more urgent after Fernandez felt a weakness and numbness in her upper left arm Sunday, according to doctors.

THE ASSOCIATED PRESS

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Even beautiful Bali cannot distract Harper from worries over upcoming leaders' summit

Prime Minister Stephen Harper has used the platform of one international leaders' summit in Bali Monday to fire a torpedo into the hull of another. Harper stepped to the sidelines of the Asia-Pacific Economic Cooperation gathering on this idyllic Indonesian tourist island to formally confirm he'll boycott next month's Commonwealth summit in Sri Lanka. He threatened that Canada could cut the purse strings to the 64-year-old Commonwealth organization due to ongoing human rights abuses by the host Sri Lankan government. Canada contributes about $20 million annually to various Commonwealth initiatives. SEAN KILPATRICK/THE CANADIAN PRESS

'Harshly worded questions'

Maldives' president, Baird in tiff over election concerns

Foreign Affairs Minister John Baird is in hot water with the Maldives.

Maldives President Mohamed Waheed wrote to Prime Minister Stephen Harper to complain about Baird's conduct during recent Commonwealth meetings in New York.

In a statement posted on the Maldives president's website, Waheed alleges Baird made "inappropriate and derogatory remarks" and "posed several harshly worded questions" to his acting foreign minister.

Baird's office says the minister raised concerns about the first round of voting in the Maldives' presidential election, which the country's highest court on Monday declared was flawed, as well as reports of violence and intimidation.

John Baird
THE ASSOCIATED PRESS

Still, Baird's conduct has "put unnecessary pressure on an otherwise excellent relationship" between Canada and the small island nation in the Indian Ocean, the Maldives statement said.

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Canadians not free to leave Egypt yet

Case remains open.
They spent seven weeks behind bars without charge

Egyptians wait for the bus on a bridge in Cairo on Monday. Canadians John Greyson and Tarek Loubani are currently recuperating in a hotel in the city, according to relatives. HASSAN AMMAR/THE ASSOCIATED PRESS

Canadians John Greyson and Tarek Loubani are still under investigation in Egypt after their abrupt release early Sunday, and will be prevented from leaving the country until they are charged or the case closed, the Egyptian foreign ministry told Torstar News Service on Monday.

"The case is in the hands of the prosecutor-general's office, who have full independence," said Badr Abdelatty, a spokesperson for the ministry.

The two men were detained Aug. 16 at the height of violent clashes between Egyptian security forces and supporters of ousted president Mohammed Morsi. They were on a stopover on their way to Gaza, where Loubani, a London, Ont., emergency-room doctor, was to teach medical students, which Toronto filmmaker Greyson planned to film.

In spite of the men's sudden release, and expectations that they would be home soon, Abdelatty said the case was "ongoing" and it is "usual that they remain in the country until (it) is resolved. No one with a pending case against them is allowed to leave the country."

They had spent seven weeks behind bars without charge, and last week the detention period was extended by 45 days, until mid-November. That period allows the prosecutor to gather evidence for possible charges against them. TORSTAR NEWS SERVICE

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Prisoners suing Edmonton jail over alleged abuses

Prison fight club.
One inmate alleges they're forced to fight each other for 'staff entertainment'

Five inmates are suing a federal maximum security penitentiary in Edmonton, alleging the guards are spitting in their food, beating inmates and running a sadistic prisoner fight club.

Two of the inmates also allege that in 2011, guards intentionally placed two rival gang members together and, when one was stabbed, waited until he died before calling an ambulance.

The lawsuits, filed in Court of Queen's Bench, name as defendants the institution's warden, Kelly Hartle, guards, supervisors and medical staff.

None of the allegations in the statements of claim have been proven.

Prisoner James Wigmore said guards played a key role in the Aug. 16, 2011, death of Mason Montgrand, a gang member. Wigmore claims that on that day, guards arranged prisoner times outside the cells so Montgrand would come into contact with a hostile inmate. Montgrand, 21, was stabbed in a fight with a rival gang member.

Wigmore alleges that guards stood around for 45 minutes "laughing and joking … an ambulance was not summoned until after Montgrand was dead."

Prison officials at the time said they needed tear gas to bring the situation under control, and when they did, Montgrand went into medical distress and died.

Lance Regan, 24, was charged with first-degree murder in Montgrand's death. Regan is one of the inmates suing the prison. He said guards "recklessly" gave the two men shower and exercise privileges at the same time in the same unit, knowing that as bitter gang rivals they would attack each other.

THE CANADIAN PRESS

Quoted

"Inmates were terrorized. They had fear instilled in them." **Erika Norheim, the lawyer representing the inmates,** in an interview Monday.

My Story published

Elizabeth Smart recounts '9 months of hell' in memoir

Minutes after 14-year-old Elizabeth Smart was snatched from her bedroom a decade ago, a police cruiser idled by along a neighbourhood street as she was forced to the ground at knifepoint. "Move and I will kill you!" her captor hissed.

Elizabeth Smart

It was one of several fleeting times Smart, now 25, watched a rescue slip away during her nine-month ordeal, she recounts in My Story, a 308-page book being released by St. Martin's Press on Monday.

THE ASSOCIATED PRESS

Bartender's big tip

Lottery ticket turns into $17,500 boon

One of Oregon bartender Aurora Kephart's regulars at Conway's Restaurant and Lounge in Springfield often tips her with Keno tickets. Last Tuesday, the man asked Kephart, 25, to choose two. Kephart's first ticket won $5. The second turned into a $17,500 US gratuity. THE ASSOCIATED PRESS

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Hang up the hoodie

No offence Mark Zuckerberg... but hoodies are out in Silicon Valley, with young men ditching sweats for suits — or at least a sport coat

Peter Dering, founder of online startup Peak Design, looks through a package of clothing he got from Buck Mason at his office in San Francisco on Monday. Buck Mason, a new online men's store, has capitalized off men like Dering who are increasingly interested in looking dapper, not dowdy. JEFF CHIU/THE ASSOCIATED PRESS

Silicon Valley has had a men's fashion problem dating back to its founders.

From their inception, tech companies went out of their way to be different — and that meant no more business suits. Thus brilliant innovations took place in the dumpiest of outfits as leather sandals, elastic-waist jeans and old T-shirts became ubiquitous.

But that's changing as a younger generation of engineers and designers have arrived seeking clothes that co-ordinate.

"There's definitely a shift happening here, and the age of the Silicon Valley culture has something to do with it," said image professional Joseph Rosenfeld.

"As a generation," he said, young professionals "tend to care more about style than engineers of the past."

The market has responded to this new attitude among the region's rising nerds, geeks and hackers with new online men's stores, personal style consultants and an array of high-end shops at Northern California's biggest mall. They're catering to the emerging members of a creative industry who, nonetheless, are seeking something of a uniform.

"They'll typically wear designer denim and a great button-up shirt by day, and throw on a sport coat at night to go to a cigar or wine bar," said Westfield Valley Fair mall general manager Matt Ehrie.

THE ASSOCIATED PRESS

Pizza and firefighters!

Get your 'za with extra beefcake

During Fire Prevention Week, the Victoria Fire Department will be partnering with Domino's Pizza, with local firefighters helping deliver pizzas on certain nights. Firefighters will be conducting on-the-spot fire inspections. If all smoke detectors are working, the pizza's free. METRO

Market Minute

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96.96¢ US (-0.20¢)

TSX 12,788.25 (+29.6)

OIL $103.03 US (-0.81¢)

GOLD $1,325.10 US (+$15.20)

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WILL YOU SPLIT THE COST WITH ME?

SHE SAYS

Jessica Napier
metronews.ca

Asking your bride-to-be to cough up some cash for her own engagement ring might seem like an indecent proposal, but what if she offers to help pay for the rock? A recent survey conducted by wedding planning website The Knot reveals that more and more heterosexual couples are splitting the cost of the engagement ring. Forty-six per cent of women who responded to the poll indicated that they would be willing to contribute their own money to make sure they wind up with the diamond of their dreams.

I have mixed feelings on this new trend. On the one hand, why shouldn't a woman offer to chip in to help cover the cost of the ring? If she earns big bucks and has a preference for flashy jewelry then it makes sense for her to invest in something she truly wants.

Going Dutch on an engagement ring acknowledges the modern reality of joint bank accounts and merged finances. Cohabitation before marriage is now the norm and splitting domestic expenses is usually part of the arrangement, so sharing the cost on this piece of marital hardware is a practical financial decision.

However, an engagement ring isn't just a cable bill or a furnace that needs replacing. It should be a symbol of love and commitment, not just another item on your monthly household budget sheet. Picking out a ring prior to the proposal and dividing the price tag between two Visa cards kind of takes away the romantic element of surprise. If an engagement ring is a gift from your future spouse, surely the sentiment is more important than the size of the rock?

For better or worse, most North American couples have bought into the wedding industry complex, which dictates that diamonds are an essential part of the courtship ritual. But increasingly it seems that the ring itself — the cut, the colour, the sparkle — has become centre stage in the engagement process.

After announcing news of a proposal, women are accosted by friends and family who can barely get out a hurried, "Congratulations," before demanding to see the ring. Every weekend social media is flooded, not with images of smiling couples, but with close-up, iPhone snapshots of left hands adorned with recently acquired diamonds.

So is this trend towards cost-sharing really about equality, or is it an indication that our obsession with bridal bling has become too much for one paycheque to bear?

At the end of the day, we shouldn't really judge one another or comment on how others choose to spend their money. If you fancy a blinged-out sparkler then go ahead and invest in a nice rock together, but remember that the price of the ring doesn't signify the level of commitment. You can't measure love in carats.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Folk girl is larger than life

COURTESY NATALIA RAK

No, she didn't fall down a rabbit hole

These days, in the Polish city of Bialystok you can seemingly spot a giant girl watering a chestnut tree.

This massive five-storey mural of a girl with a watering can wearing a traditional folk outfit was painted by graphic designer Natalia Rak. The work was made as part of the city's Folk on the Street art festival. METRO

Artist's comments

"At first, the festival organizers wanted to cut down the tree to make room for the mural. But when I showed them my idea, they didn't need to."

Natalia Rak, 27, graphic designer

Timeline

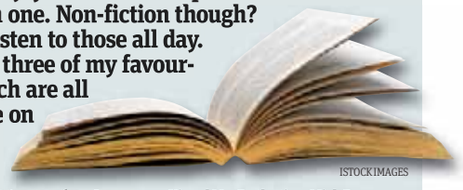
4

It took Rak four hours to make the sketch of the girl. The 27-year-old from Lodz, Poland, used a cherry picker to reach the higher sections of Bialystok's Institute of Chemistry building.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I was slow to come around to audiobooks because early recommendations to me were all fiction, which for whatever reason I couldn't — and still can't — enjoy as an audio experience rather than a written one. Non-fiction though? I could listen to those all day. Here are three of my favourites, which are all available on Audible.



ISTOCK IMAGES

Shadow Divers (Robert Kurson):

When a group of divers set out in 1991 to solve the mystery of an unknown object on the sea floor off the New Jersey coast, they instead find a deeper riddle in the form of what should be an impossibility: A Second World War U-boat that both the German and American governments denied existed. The discovery kicks off a seven-year quest aimed at unravelling the history of "U-Who," a quest that winds through bitter disputes, imploding relationships and family tragedy.

Tearing Down The Wall of Sound (Mick Brown):

Phil Spector's Wall of Sound production technique remains one of the most stunning rackets you'll ever hear, 50 years after the release of classic girl group gems like Then He Kissed Me. By the time Mick Brown began working on this biography, Spector had become a recluse with a very dark reputation — and this was before actress Lana Clarkson was shot dead in the producer's home and true-crime seeped into the story of a music legend.

Tokyo Vice (Jake Adelstein):

A 19-year-old from the U.S. Midwest arrives in Japan to study literature, taking up residence in a Buddhist temple. After launching a career as the first non-Japanese reporter at one of the country's most prestigious newspapers, Adelstein soon finds himself working the crime beat in Tokyo's sleazy and tragically bleak underworld — eventually coming up against one of the yakuza's most fearsome bosses.

Comments

RE: Annie Lennox Slams Music Industry's 'Highly Styled Pornography,' published Oct. 6

Annie is so correct. The videos are such a bad influence on young people ... would be rapists included.

I don't understand why these performers have to resort to this "highly styled pornography" other than to draw more attention to themselves due to low self esteem or to make more money.

Unfortunately, it seems to be working.

scooter posted to metronews.ca

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DVD review

After Earth

Director. M. Night Shyamalan

Stars. Jaden Smith, David Denman, Will Smith

●●○○○

After Earth is so staggeringly ill-conceived, you almost have to admire the moxie of everyone involved with it. First you have a major studio (Sony), rolling the dice on a sci-fi blockbuster by an auteur director (M. Night Shyamalan), whose previous attempts at popcorn thrills (The Last Airbender, The Happening) were greeted with raspberries. Then you take your marquee star (Will Smith), add 10 pounds and remove all charisma, while benching him for most of the movie. The burden of the picture falls upon the star's 14-year-old son (Jaden Smith), who simply can't emote within the CGI-heavy environment of the dangerous post-Apocalypse planet he's playing hero in. Jaden is told by an older fighter that he's "not ready" for prime time, because he has a tendency to fade in the field — a comment that indirectly serves as criticism of the kid's underachieving acting. The end result is a movie that should have been called Death Wish, had that title not already been nabbed long ago. And the only value in watching it is to see an expensive disaster slowly unfold.

PETER HOWELL

Sara Canning and Ryan Kwanten star in The Right Kind of Wrong. CONTRIBUTED

A story of love in the time of camera phones

The Right Kind of Wrong. After being skewered on the Internet, rom-com's hero is not your typical knight in shining armour

Stop us if you've heard this one before: The Right Kind of Wrong isn't typical rom-com fare.

"And I need to use the word 'quirky' too, right?" said Sara Canning in an interview. "Because everyone says 'quirky romantic comedy.'"

Canning, 26, plays Colette, the target of the affections of despondent dishwasher/writer Leo (portrayed by True Blood star Ryan Kwanten), whose reputation is left in tatters by his ex-wife's hyper-popular blog Why You Suck.

Leo falls in love with Colette on the very day she's set to marry an athlete humanitarian. What follows is a single-minded, nearly stalkerish, sometimes painful quest to make her love him, turning the lovable male knight trope — and the idea of the weak-willed woman — on its head.

"It's not the traditional way that he takes, but he works his way in there," said Canning. "And I don't think it's just about her falling in love with him, I think it's her realizing a lot about what she's settled on and what she's shelved in her life under some idea of what marriage is."

Kwanten said he relished the chance to play a character who isn't necessarily likable on screen, but who wins over the girl — and the audience.

"Leo is flawlessly flawed in a way. ... This was a character I've never seen in film before, and it was a great challenge, sinking my teeth into this guy who's so self-centred, obnoxious, sort of a professional dreamer. And to step into his shoes like that, it almost made me realize that in a weird way, we all kind of dream to be like that, but because of societal conventions, we're predisposed to not being like that," said the 36-year-old actor.

"Growing up, I was always sort of the shy kid. I was always the fool standing in the corner at a dance party wanting to dance but being too caught up in my own little world, so worried about what everyone else is thinking, to get down and have a bit of a boogie. These days, you hit your mid-20s, your late-20s, you think, 'What do I have to lose? Life's getting away from me and I'm not doing the things that I really want to do,' and this guy does everything he wants to do."

The Right Kind of Wrong hits theatres on Oct. 11.

THE CANADIAN PRESS

Adaptation

The film is adapted from the 1987 novel Sex and Sunsets, which was released well before the Internet's prime. The story in its current form is very much a product of this mobile-device moment, where Kwanten says we are "losing our ability to listen or to be romantic."

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They're back and wreaking Havok

New album. AFI's singer Davey Havok says the record's tone is 'brutal throughout'

JOHN PLICHTER
Metro World News in Boston

Davey Havok says recording the new album was "pressurized." GETTY IMAGES

Since the release of their major label debut, Sing the Sorrow, 10 years ago, AFI have solidified themselves as a band that can blend a variety of musical genres at once. Just as their look has evolved over the years, so has their music.

"A good analysis would be that we're blending the pure rock feel of Crash Love with the electronic elements of Decemberunderground," says singer Davey Havok when asked about their upcoming album Burials. "It's a musically ambitious record," he says.

The first single off of Burials, is I Hope You Suffer, which seems to have a more brutal sound than anything from Crash Love. Does the whole record follow suit?

I'd say the tone and sentiment of the record is brutal throughout. I Hope You Suffer really represents the majority of it. There's more yelling in tone on the record than in practice.

I understand that it took you only six weeks to record Burials.

It was tense and pressurized. We had to get so much done in such a short amount of time. We stayed focused and managed to do it, and I'm really happy with the way it sounds. But would I have liked to have more time? Yes.

There were a few other songs that I would have liked to track and record.

I've heard that you typically write upwards of 100 songs before selecting the best ones for the record. How many are we talking about here?

I can't say exactly how many we wrote and demoed out this time around, but I feel it was upwards of 60 songs. I really loved a lot of them too.

What to wear...

You've launched a few clothing lines over the past few years. Any fall fashion tips?

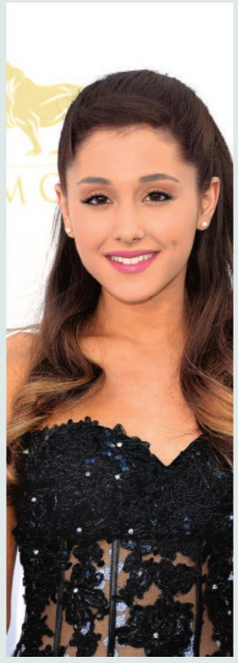
- I'm a vegan and don't wear wool, and fall is a very wool-heavy season. ... But there's a lot of great vegan stuff out there. Joshua Katcher just created a line of off-the-rack suits for men that I'm very excited for.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jai gets jilted: A D-list love triangle plays out on Twitter



MELINDA TAUB
Metro World News

Do you ever wish pop culture would just freeze where it is? No new famous people admitted, we're at capacity? I feel like every time I turn around there's a new crop of pop star types, singing and courting and calling each other out on Twitter, and it's getting hard to track.

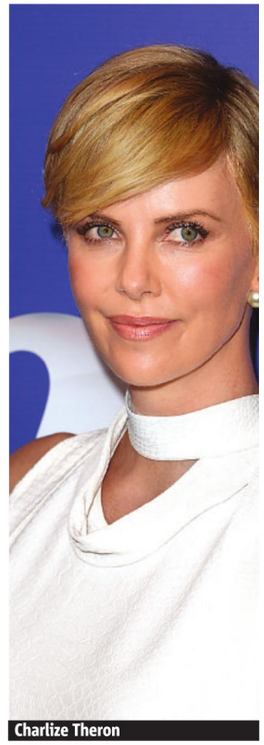
Ariana Grande's ex Jai Brooks posted a long rant on Twitter accusing her of cheating on him when she began her relationship with Nathan Sykes. Apparently all three of these people are famous. OK, OK, I know who Ariana Grande is, and Nathan Sykes is in the Wanted, but for the life of me I can't figure out how I'm meant to have heard of this Jai person.

Anyway, Jai is very sad right now, because Ariana not only dumped him for Nathan — she also cheated on him, he claimed. "Yes I was cheated on. Yes it does suck," he wrote on Twitter.

"Nathan may be a top bloke or a sweet person, but what he did was just completely wrong. He interfered with my life and did not respect my relationship, his actions caused me to not be able to sleep at night and not see the world as a beautiful place. Nathan if you read this, when you hold her hand you better hold it tight because you are holding my world."

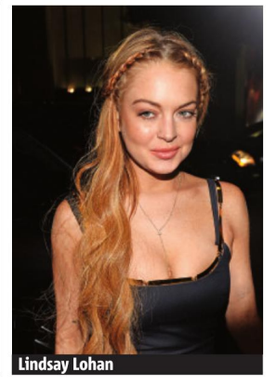
Aw, poor kid. Who knows what really went down, but he really does sound heartbroken. I am Team Jay. Sorry, I mean Team Jai.

A pain in the neck won't stop this Snow White star



Charlize Theron

Charlize Theron is going to be rocking some scarves for a bit after finally undergoing surgery for a neck injury she suffered several years ago, according to Us Weekly. "Charlize got injured on a set and broke a vertebrae years ago," a source says. "It's been bothering her a lot lately so she had surgery to correct it and they had to go through her neck."



Lindsay Lohan

She's once, twice, six times an expert: Lindsay's tough lessons turn her to teaching?

Having been checked into rehab six times herself, Lindsay Lohan is something of an expert when it comes to recovery. Or at least that appears to be the thinking behind her latest idea for a career move. The troubled starlet is reportedly looking into opening her own rehab centre and naming it after herself, according to Radar Online. "Lindsay is telling friends that she knows what works and doesn't when it comes to treatment. She feels that she is in the right frame of mind now to give advice to other young people who have their own problems," a source says.

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Hot 'n' Cold and fit all over

Katy Perry. The 28-year-old pop star's personal trainer, Harley Pasternak, tells Metro how she stays in shape

ROMINA McGUINNESS
life@metronews.ca

She may have John Mayer, more than 42 million Twitter followers and endless chart records, but Katy Perry is just a regular gal who wants the same thing many women want: to look and feel great as quickly and safely as possible.

And here's how she does it. "Katy and I train together three times a week — a typical session will last up to 45 minutes. Every day is different, but we'll always start off with a five-minute cardio warm up, either on the elliptical or on a bike, followed by an upper body exercise, a lower body exercise and an abdominal exercise. We do repeat this sequence as a non-stop circuit a number of times before ending with a five-minute cardio cool down," Harley Pasternak, the star's trainer, tells Metro.

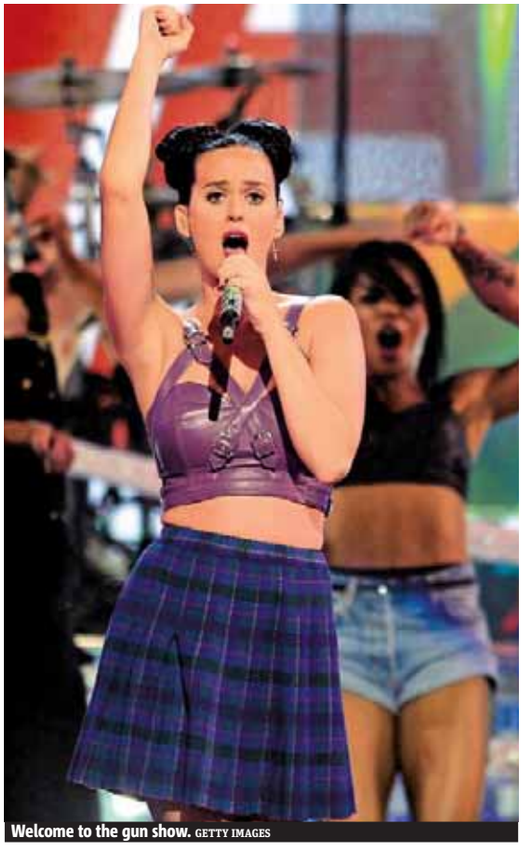
It's not only all about her presence and stamina on stage.

"People (not just the singer) are constantly rolling their shoulders forwards, whether that's because they've been sitting down for too long, texting or working in front of a computer. We really focus on trying to undo that and elongate the front of her body by working her upper back muscles (rhomboids) with things like cable and dumbbell rows. We also focus on her lower back with exercises like Superman and her hamstrings by doing stiff leg deadlifts. We'll also do tricep press-ups or dumbbell tricep extensions."

Work that body

"Every day is different, but we'll always start off with a five-minute cardio warm up."

Harley Pasternak
Katy Perry's trainer



Welcome to the gun show. GETTY IMAGES

The Perry diet

Her trainer makes sure Katy Perry eats five times a day — three meals and two snacks. Every time she eats there has to be a protein, a fibre and a healthy fat. This helps her feel full and boosts her metabolism

Breakfast

Red breakfast smoothie

Lunch

Salad with grilled chicken

Dinner

Shrimp stir-fry

Snack 1

Cut veggies with hummus

Snack 2

Air pop popcorn

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Tomatoes, feta, corn and avocado go with the grain

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This grain salad is best either warm or at room temperature.

It's best to cut the avocado just before serving or squeeze lemon juice over top to prevent browning.

Brown rice is a whole grain filled with nutrients such as B vitamins, fibre and protein.

This recipe serves eight. ROSE REISMAN.

Ingredients

- 1 cup brown rice
- 3 cups water or chicken stock
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp crushed garlic
- 1 cup canned corn
- 2 cups grape tomatoes
- 2 cups canned and rinsed black beans (one 19 oz/540 ml can)
- 2 cups arugula
- 3/4 cup crumbled light (30% reduced) feta cheese (2 1/2 oz/75 g)
- 2 tbsp olive oil
- 3 tbsp lemon juice
- pinch of salt and pepper
- 1/3 cup chopped cilantro or parsley
- 1/2 cup diced avocados

1. Add the rice to the water or stock with the oregano and cumin. Bring to a boil, cover and simmer for 25 to 30 minutes or until the rice is cooked. Drain any excess liquid. Set aside.

2. Meanwhile in a large skillet, add the oil and onion and sauté for 5 minutes until tender. Add the garlic and corn and sauté until the corn begins to brown. Add the tomatoes and cook until slightly charred (about 3 minutes).

3. Add the beans, arugula, feta, olive oil, lemon juice, salt and pepper, cilantro and rice. Heat just until warm. Add diced avocado.

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CONTRIBUTED PHOTOS

TURN COMPASSION INTO ACTION

Eating well and doing good has never been so easy or important.

At the annual Compassion Into Action pop-up organic café and marketplace — where people can eat well while helping others eat well — a $1 donation can turn into $3 of food for the 28,000 people who depend on the Greater Vancouver Food Bank Society every week.

Nature's Path is joining several other local healthy vendors in serving breakfast and lunch outside the Vancouver Art Gallery. There will also be a marketplace full of fresh organic produce and foods for purchase by donation, says CEO and co-founder Arran Stephens.

"As a locally-based family business, we host this event every year to give our community an opportunity to come together in support of the hungry," Stephens says. "We believe everyone should have the basic right to food, including healthy organic food, for, all too often, the most disadvantaged amongst us only have junk food options, which are devoid of much nutrition."

Nature's Path will provide tasty organic delights alongside Happy Planet, Que Pasa Mexican Foods, Ethical Bean Coffee, Silver Hills Bakery, Two Daughters Bakeshop, Terra Breads, Whole Foods Market, and Save on Meats courtesy of A Better Life.

CONTRIBUTED

"There are lots of organic companies and producers in this city, and Compassion Into Action is a great way to enjoy these local foods and do some shopping, knowing that every dollar you spend goes straight to the food bank."

With Thanksgiving right around the corner, Compassion Into Action is a great way to put food on empty tables.

The event takes place on Wednesday from 7 a.m. to 3 p.m. at the North Plaza of the Vancouver Art Gallery. For more, check out compassionintoaction.ca.

HELP FEED A GROWING NEED

Turning $1 into $3 isn't a magic trick — it's a reality at the Greater Vancouver Food Bank Society.

For every dollar spent at the Compassion Into Action on Wednesday, the Greater Vancouver Food Bank Society can turn it into $3 worth of food to feed the hungry.

With 28,000 people depending on the Greater Vancouver Food Bank Society each week — and 10,000 of those being children — it's more important than ever to donate, especially for Thanksgiving.

The Greater Vancouver Food Bank Society is able to provide assistance through 15 food depots and 100 community agencies. Without any government support, the society relies solely on donations to help feed the needy — a need that is growing every year.

Eat well.
Do good.

Enjoy tasty, local, organic eats in support of the Greater Vancouver Food Bank. Every $1 you spend buys $3 worth of food for the hungry!

Compassion Into Action
Organic Café & Marketplace

Wednesday, October 9th, 7am to 3pm
Vancouver Art Gallery (North Plaza)

Compassion into action

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Knowing what to teach kids about finances can be difficult, but a new educational tool can help parents tackle the subject. ISTOCK

Dollar Decision$ series helps you talk to kids about money

Education. Interactive tool shows teens about the consequences of their financial decisions

YOUR MONEY
Alison Griffiths
money@metronews.ca

Most parents would rather tackle sex education than financial education. Everyone with kids has some experience of the former but many lack confidence in their money skills. And even if one is pretty good with the bucks, knowing what to teach kids about finances and when to do it can be perplexing.

Then you get to the teen years when educating those little darlings about anything can be as difficult as rappelling without a rope.

Fortunately, there's help for parents of Gen Tech. Dollar Decision$, an interactive series just launched by the Investor Education Fund, is available at getsmarteraboutmoney.ca, and offers three engaging life situations to draw teens into thinking about financial issues.

Dollar Decision$ was rolled out to teachers this summer, but I think it is also an excellent tool for parents who want to encourage teens, not only to make smart financial decisions, but to think about the consequences of different roads taken.

For example, in the Laptop Liberty scenario, buying a new computer offers various options for arriving at the goal. Some leave money in the wallet; others end up resulting in a debt.

One of the best aspects of Dollar Decision$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms. I also like the links available, especially the Financial Goals Worksheet — a handy tool for any age. The worksheet gets kids thinking about financial goals, then creating a plan to achieve them.

And while you're at it, encourage teens to try their hand at the Credit IQ quiz link at the bottom of the Dollar Decision$ series. Even though a young person may be years away from getting their own credit card, learning how they work, and how they affect a credit score and one's ability to borrow, is vital information.

Coulda, woulda, shoulda

One of the best aspects of Dollar Decision$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms.

Check it out

- Dollar Decision$ is available at getsmarteraboutmoney.ca. The site is run by non-profit organization the Investor Education Fund, and it also contains information about a wide range of other financial topics.

Continuing on the kids-and-money theme, there are still a couple of weeks left in the Credit Canada Debt Solutions annual essay contest. Visit cewc.ca. It's open to Grade 12 students with 25 prizes of up to $5,000 available. I'm a judge for the contest. Here's a tip — don't be afraid to expose yourself, and the funnier the better.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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Uniting to evolve

Science and religion. Transhumanists believe we can hack our bodies to become superhuman and a new generation of Mormons support them

KIERON MONKS
Metro World News

Carl Youngblood. HANDOUT

Science mixes with religion like oil and water, but Carl Youngblood, head of the Mormon Transhumanist Association, wants to bridge the gap. Youngblood is disliked by many traditional Christians and transhumanists — who believe technology will make us superhuman — but Youngblood believes that if everyone can stop squabbling there will be fabulous rewards.

What are the main points of unity between your faith and transhumanism?
I'm a Mormon and it is close to a scientific naturalist point of view, in that we ultimately believe there are physical explanations for everything, including miracles. We believe humans can progress from their current state to something more advanced.

What aspects of transhumanism are you most keen on?
I've always been a tech enthusiast since I played with computers as a kid. Ten years ago I read Ray Kurzweil's book on the Singularity, and started to become aware of the rate of change and progress. I began to think things could happen much sooner, and transhumanism has made mainstream the awareness of exponential change.

They want to resurrect the dead. Are you playing God?
There is a tension in entering some domains traditionally left to God. The prospect of indefinite life is threatening to people with a more traditional view, but I see it as reconcilable because of my collective view of a God that works through us and does not impose upon us.

So, who hates you more – the traditional Christians or the science geeks?
We're misunderstood by both sides: a lot of transhumanists are highly secular and cannot reconcile their ideas with religion and see it as a desecration of their goal. Traditional believers see us as heretics. But we're trying to bridge the gap and both sides stand to benefit.

Do you take part in the research and experiments? Would you be happy to be part mechanized?
There is not enough of this but we try to make inroads; fundraising for scientific research. We're supporting an exciting protein development project and another for DNA mixing.

Is it a sin not to evolve?
It's hurting ourselves. If we don't take hints from the universe we are punishing ourselves, rather than God.

Whitecaps

Mattocks leaving for national duty

Darren Mattocks has joined Jamaica for World Cup qualifying, which means he will not be available when the Vancouver Whitecaps take on the Seattle Sounders FC in a must-win match on Wednesday.

Mattocks told reporters following Sunday's draw with Portland that it was "50/50" if he was going to join Jamaica in this latest round of CONCACAF World Cup qualifying or stay with Vancouver's MLS club, however, he was not in attendance at Whitecaps' training Monday morning.

Mattocks had a lively performance against the Timbers at BC Place Stadium on Sunday, with chances to score and a strong showing on the defensive side of the ball.

He also helped set up Camilo Sanvezzo's brilliant scissor kick goal that tied the contest at 2-2 during a wild second half.

With Mattocks out and Scottish striker Kenny Miller dealing with a groin injury, the pressure up front falls squarely on the shoulders of Sanvezzo, the club's leading scorer and MLS Player of the Week, which he was named on Monday.

The Whitecaps are in tough to qualify for the post-season, as they look to recover from this current swoon that dropped them from second in the Western Conference down to seventh.

Only the top five teams qualify for the playoffs.

The Whitecaps trail fifth-place Colorado by six points with three games remaining. CAM TUCKER/METRO

Devils bring red-hot intrigue to Vancouver

NHL. Goaltender controversy sure to be topic of discussion again Tuesday in Schneider's return

CAM TUCKER
cam.tucker@metronews.ca

Under normal circumstances, a mid-October meeting between the Vancouver Canucks and the New Jersey Devils would not provide much intrigue.

This time is much different.

Tuesday, when the Devils visit the Canucks, it will be goaltender Cory Schneider's first appearance back in Rogers Arena since he was traded from Vancouver at the NHL draft in June.

For more than a full year, the Canucks' goaltending situation was a source of compelling theatre and headlines. It began when Schneider took over the starting duties from incumbent Roberto Luongo in April of 2012 and carried on from there.

Canucks general manager Mike Gillis was unable to move Luongo and his 12-year, $64-million contract, despite numerous attempts and public knowledge that he was trying to move the high-profile netminder.

After the two goalies essentially split duties in the lockout-shortened 2013 season and without options after failing to move Luongo, Gillis dealt Schneider to the Devils for the ninth overall pick in a shocking development.

Cory Schneider will start in goal for the Devils on Tuesday night at Rogers Arena. GENE J. PUSKAR/THE ASSOCIATED PRESS

The Devils were in Edmonton to face the Oilers on Monday.

However, Schneider did speak to reporters in the Alberta capital about his return to Vancouver.

"I don't really know how I was perceived," Schneider told the New Jersey Star-Ledger.

"It just seemed that whether it was me or Roberto, people seemed to pick sides, which I never understood because we were teammates.

"We were trying to play well for the team and everyone kind of made it 'either him or the other guy.' Both he and I never really understood that. We generally like each other, still get along and have talked to each other up to now. We also supported each other no matter who was playing. Unfortunately not everyone saw it that way."

The Canucks had Monday off, following games on back-to-back nights over the weekend.

The Canucks beat the Oilers in Vancouver's home opener on Saturday, and then came back to defeat the Calgary Flames in overtime on the road Sunday.

Lions look to solve running game issues

The Lions' Andrew Harris has been less and less a running threat over the past several games. COURTESY CFL

Another week gone by in the CFL and more questions about the existence — or lack thereof — of the B.C. Lions' run game.

It seemed to hit another low last Friday, when the Lions were beaten soundly on their home field at BC Place Stadium by the visiting Saskatchewan Roughriders.

Against the Roughriders, non-import running back Andrew Harris, once the feature piece in the offence, had six carries for 10 yards.

In five of the last seven games, Harris's rushing attempts have been reduced to the single digits, despite hitting the 1,000-yard plateau along the ground in 2012.

"Absolutely frustrating but it's a team sport and you've got to stick together as a family and stay tight with the guys here," said Harris.

"My chin's up right now. I've got faith in the guys in front of me and we're going to get this done."

The Lions face the West Division-leading Calgary Stampeders on Friday.

On Monday, the Lions spent time working on the running game, as they look to solve this element in time for the post-season.

The offensive line, the big men up front tasked with helping to open those running lanes for guys like Harris, has taken on its share of responsibility for the recent struggles.

"We haven't been good enough right now," said veteran guard Dean Valli.

"We haven't executed well enough. That's not saying the five guys up front aren't good enough. We're more than good enough. It happens in professional sports sometimes."

CAM TUCKER/METRO

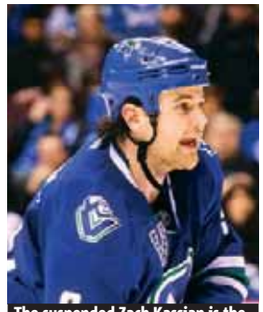
Canucks do things the old way against young West rivals

THE HOCKEY NEWS
Ronnie Shuker
vancouver@metronews.ca

It was no surprise the Canucks came away with four points against the Oilers and Flames over the weekend. For them, there's no time like the present. In terms of the future, however, Vancouver is the perfect foil for their Alberta rivals.

On Saturday night, Edmonton had three players 21 years old or younger in its lineup: Taylor Hall, Ryan Nugent-Hopkins and Nail Yakupov. On Sunday night, Calgary had Sven Baertschi, who turned 21 the day before, and Sean Monahan, who will be 19 on Oct. 12. Vancouver, meanwhile, iced no one under 23. In fact, the only 22-year-old on its roster is Zack Kassian, who's suspended for the first five games.

When it comes to prospect cupboards, Vancouver's is one of the NHL's most barren. They rank 29th in THN's 2013 Future Watch edition, ahead of only the San Jose Sharks, who have 19-year-old Tomas Hertl in their lineup. And the Canucks are one of only three teams (including Los Angeles and Tampa Bay) that didn't start the season with at least one player under 22.



The suspended Zach Kassian is the youngest Canuck on the roster.
DEREK LEUNG/GETTY IMAGES FILE

This isn't news to the Canucks. In a recent interview with TSN, coach John Tortorella admitted the organization needed an injection of youth. And GM Mike Gillis started the process in June, when he dealt Cory Schneider for the ninth-overall pick at the draft.

That's why it was surprising to see Vancouver start the season without any of its top three teenaged prospects: Brendan Gaunce, Bo Horvat and Hunter Shinkaruk. More than half the teams in the league kept at least one teenager out of training camp. Many will go back to junior before the 10-game mark, when their entry-level contracts would kick in, but at least they will have been given a chance to impress enough to stay. Hertl is doing just that, with a pair of goals and three points through his first two games.

By returning Gaunce, Horvat and Shinkaruk to junior, the Canucks are preaching patience. That's a sound philosophy when dealing with defence and goalie prospects, which take longer to develop, and when a team already has 20- and 21-year-olds playing. But Gaunce, Horvat and Shinkaruk are forwards, and the youngest player on the Canucks opening night lineup was Zac Dalpe, who turns 24 in November.

Of Western Canadian clubs, the Canucks own the present, but they best start thinking long-term before the Oilers and Flames complete their claim on the future.

MLB

Tigers struggle all over the field in loss to A's

The Detroit Tigers have fallen behind the Oakland Athletics for the first time, and there's plenty of blame to go around.

Detroit struggled on the mound, at the plate and in the field during a 6-3 loss Monday that left the Tigers trailing 2-1 in the best-of-five AL division series.

"This is on everybody," Tigers superstar Miguel Cabrera said. "We all need to do better."

The Tigers, who won the series opener, will face elimination on Tuesday at home with Detroit right-hander Doug Fister facing Oakland's righty Dan Straily.

"We either score runs or we go home," Cabrera said.

THE ASSOCIATED PRESS

Playoffs. Rays sidestep sweep versus Red Sox with ninth-inning homer

Boston closer Koji Uehara had been virtually untouchable the past three months.

Jose Lobaton changed that with one swing.

Lobaton hit a solo home run with two outs in the bottom of the ninth inning off Uehara into the giant fish tank beyond the centre-field wall, and the Tampa Bay Rays staved off elimination once again by beating the Red Sox 5-4 on Monday night.

"You don't expect it … I think that's what makes it a little tougher," Red Sox right-fielder Shane Victorino said. "It happens. I'll hand the ball to Koji tomorrow if we need to. I have all the confidence in him."

Evan Longoria had a three-run homer and the Rays prevented a playoff sweep, cutting Boston's lead to 2-1 in the best-of-five series. Game 4 is Tuesday night at Tropicana Field, with Jake Peavy starting for the Red Sox against Jeremy Hellickson.

Rays catcher Jose Lobaton rounds the bases after hitting the game-winning home run on Monday.
MIKE CARLSON/THE ASSOCIATED PRESS

"Our guys have a very strong ability to put this one behind us," Boston manager John Farrell said. "We knew coming in this was going to be a hard-fought series."

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may not want to make sacrifices but if you don't make them willingly now, the planets will force them on you later on. Financially, you really do need to get your house in order. Find ways to make savings.

♉ Taurus
April 21 - May 21
If you recently embarked on a plan or project, you must see it through to the end. Don't use other commitments as an excuse to avoid what you know must be done. Stick with it.

♊ Gemini
May 22 - June 21
Even if you are happy, there are still things you can change to make life run smoother. Think about it and act decisively around the time of next week's lunar eclipse.

♋ Cancer
June 22 - July 23
Putting emotions into words can be hard and you are aware that a loved one is having difficulty explaining their feelings. Make it easy for them by revealing your own first.

♌ Leo
July 24 - Aug. 23
Your heart may not be in what you have to do but if you knuckle down and make an effort, the planets will make sure your day is productive if not inspiring. One out of two is not a bad score.

♍ Virgo
Aug. 24 - Sept. 23
You know what you want to do, so do it. Yes, most likely someone you live or work with will give you a hard time but you are tough enough to take it. Don't let their negativity discourage you.

♎ Libra
Sept. 24 - Oct. 23
You may have a high regard for the truth but speaking your mind too bluntly could get you in a whole lot of trouble. The facts will come to the surface sooner or later anyway. You don't need to force them.

♏ Scorpio
Oct. 24 - Nov. 22
With mind planet Mercury linked to Saturn in your sign, you may be a bit pessimistic today. There's really no need. Overall, your outlook is extremely good so stop worrying and start having fun.

♐ Sagittarius
Nov. 23 - Dec. 21
Make sure you know what you are getting into before joining forces with people whose motives are a mystery. Most likely there is nothing to worry about but it pays to be sure.

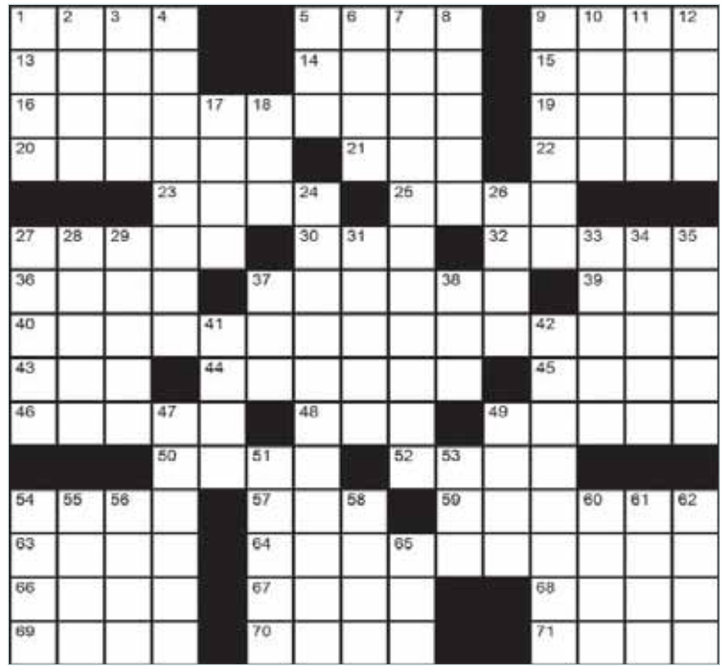
♑ Capricorn
Dec. 22 - Jan. 20
You have no illusions about what needs to be done, so do it. The course you have chosen may be difficult, but you know it's the sensible option. Others may not agree.

♒ Aquarius
Jan. 21 - Feb. 19
No matter how tough life gets in the next few days, tell yourself that in the greater scheme of things everything will work out fine. Faith is a powerful force, sometimes even more powerful than facts.

♓ Pisces
Feb. 20 - March 20
Subtle changes in your environment will be missed by most but your sensitive nature will latch on to them. Don't fear. They are changes for the better. SALLY BROMPTON

Crossword: Canada Across and Down

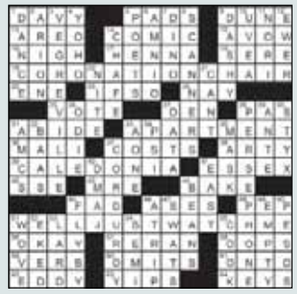
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Soup sort
5. Cuts lumber
9. Mr. Werner, "Canadian Idol" judge
13. Deity worshipped in ancient Thebes, variantly
14. "This __ __..." (Man's phone reply)
15. Bounce back
16. This-time-of-year dessert: 2 wds.
19. Lead-in to 'fall' (Slapstick maneuver)
20. Songstress Britney
21. "Vasoline" gr.
22. Mariah Carey hit
23. Ms. Turner
25. Catch sight of
27. Painter Emily, and others
30. Superman's alter ego ...his initials-sharers
32. Remove pencil
36. Prefix that means 'Mars'
37. ID on a forensics type of TV show: 2 wds.
39. Jazz style
40. Stockpiling rivalry during the Cold War: 3 wds.
43. __ Dhabi
44. Disney mouse
45. Land-on-water
46. Workshop machine
48. Dinner, informally
49. __ and pains
50. Baghdad's locale
52. Waistcloth
54. Closed
57. Couplet
59. Classic book character Mr. Gulliver
63. "Cheers" patron
64. Juno-winning singer/songwriter, Alfie __
66. Golden gymnast Ms. Korbut
67. 'Photosynth' suffix
68. Puck-placement places
69. "__ here long?"
70. Famous concert stadium for The Beatles
71. "Darn it!"

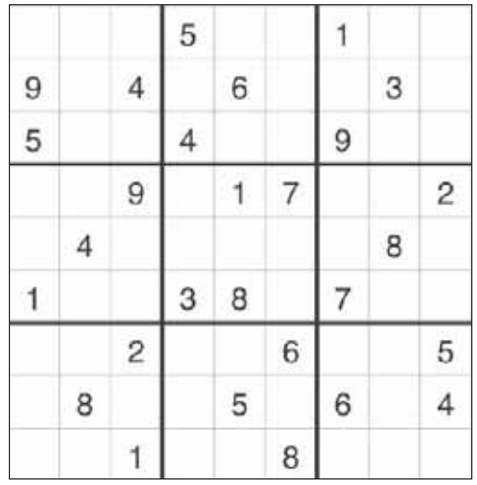
Down
1. Road trip guides
2. "__ __ to my ears in work!"
3. Roughly
4. Soldier's status sometimes: 2 wds.
5. "__ City" (2005)
6. Ancient Egypt symbols
7. Crest products
8. Permeates
9. "__ in the sky at night I wonder..." - Madonna, "Ray of Light"
10. Land amount
11. Arctic __ (Type of fish)
12. Stringed instrument of Japan
17. Kim's momager
18. Q. "__ '_' the 14th letter?" A. "Yes."
24. Fall cooking ingredient: 2 wds.
26. Clothesline clingers
27. Passageway for boats
28. Place listed in The Beach Boys song "Kokomo"
29. Trim again
31. Mr. Reeves
33. Embarrass
34. Architectural base, as for a column
35. Foil-like weapons
37. Cocktail, Mai __
38. Soul, in Paris
41. 911-calling reason, for short
42. British Columbia city
47. Wrestling legend from Alberta, Bret '__' Hart
49. "Wait just ___!"
51. Carpentry tools
53. American state, for short
54. Highbrow
55. Golf course 'opening'
56. Encourage
58. Sheriff Taylor's son
60. __-friendly
61. Ms. James
62. Hold up
65. Pro bono TV spot [acronym]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	4	8	9	7	5	1	2	3
3	9	2	8	4	1	7	5	6
5	7	1	2	6	3	8	4	9
9	1	4	6	2	7	5	3	8
7	6	5	4	3	8	9	1	2
2	8	3	5	1	9	6	7	4
4	2	7	1	8	6	3	9	5
1	5	6	3	9	4	2	8	7
8	3	9	7	5	2	4	6	1

Today
14°/8°
Partly cloudy

Wednesday
13°/9°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
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Celebrating A DECADE OF PUMPKIN Devotion

#PSL

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